



Shark Safety is Priority!

Swimmers are not allowed to attend practices if...

- They have a fever, cough, shortness of breath or difficulty breathing, chills, head ache, sore throat, new loss of taste or smell, or other symptoms listed by the CDC.
- Anyone in their household has symptoms or tested positive for COVID-19.
- They have been exposed to anyone who has symptoms or tested positive for COVID-19.
- They have traveled within the last 14 days to high-risk areas.

Athletes must come to practice...

- Knowing the appropriate entrances and exits (they will be clearly marked)
- Prepared to have their temperature take.
- Wearing a swimsuit, with goggles (no goggle sharing)
- With a full, clearly marked water bottle
- Prepared to follow all physical distancing requirements in AND outside of the pool.

Swimmers with fevers may NOT return to practice until....

- They have been fever free for 48 hours (without the use of fever-reducing medicine)
- They have a doctor's note clearing them for practice

Please note that bathrooms will be only available for emergencies during practices. Your swimmer needs to be in their swimsuit and ready to swim upon arrival.

While our coaches, board members, and other volunteers are not COVID-19 Officers, these guidelines are in place to ensure the safest possible practices. Parents please discuss these guidelines with your swimmer(s).

SHARK PRACTICE INSTRUCTIONS



BEFORE PRACTICE

- For 10 & under swimmers, parents must stay during practice. Please maintain social distance while on deck. Parents may also have their temperature taken.
- For 11-12, and 13 & up swimmers, parents please drop your child off at the entrance.
- All swimmers will check in at the table in front of the entrance for temperature checks. Please maintain social distance while in line.
- Swimmers will be asked if they have (1) specific symptoms such as fever, cough, or difficulty breathing, or (2) have been in contact with someone who has symptoms or has tested positive for COVID-19.
- Athletes with a 100.4°F fever or answering “yes” to any of the relevant questions asked will not be permitted to enter the facility. Parents of 11 years and older please make sure your swimmer is able to enter prior to leaving the pool.
- All Sharks should have a designated spot for their towels, goggles, water bottles, etc. After practice, it is the athletes/families responsibility to disinfect any items set down at our pool.
- Coaches will direct swimmers to their lanes where they will maintain distance.

PRACTICE TIME!

- 2-4 swimmers per lane, starting from opposite ends of the pool.
- Coaches will be spread out on deck to maximize practice time and engagement with swimmers.
- Swimmers should expect practice in the water as well as dryland practice.

ALL DONE!

- Swimmers gather their items, dry off, and leave in their swimsuit (per USA Swimming rules, swimmers cannot change while on deck)
- Coaches will direct the swimmers toward the pool exit, following a one-way traffic pattern. (Swimmers will not be in contact with the pool doors at any time.)
- Parents of 10 and under please maintain social distance while exiting with your child.
- Parents, please wait in your cars for your swimmer(s) to come out if they are 11 or older.

SHARK PRACTICE

Entrance & Exit Information

